

# Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020 ♦ www.FrederickCountyMD.gov/aging

## September Program Highlights

### Tai Chi

Improve Balance! Improve Strength of Body!  
Achieve Clarity & Focus of Mind! Gain  
Calmness & Lightness of Spirit! This 8-week  
session is taught by Claudia Olson.

**Date:** Mondays, starting September 9  
Pre-registration is required.

**Time:** 1:30-2:30 pm

**Cost:** \$24.00 per person

### Holiday Craft

Each month from September to December  
we'll be making a different holiday craft.

Stop in to see samples.

**Date:** Tuesday, September 10  
Sign-up by Monday, September 9

**Time:** 2:00 p.m.

**Cost:** \$5.00 per person

### Do Something Grand

#### Intergenerational Pizza Dinner

Celebrate National Grandparent Day with us.  
Bring your children and/or grandchildren (or  
a neighbor's child) for a pizza dinner.

**Date:** Tuesday, September 3  
Sign-up by noon, September 3

**Time:** 5:30 p.m.

**Cost:** \$5.00 per person

### Falls Prevention BINGO

Every 15 seconds an older adult is treated for  
a fall-related injury. Every 29 minutes an  
older adult dies from an injury caused by a  
fall. Learn ways to minimize your chances of  
falling by joining us for Fall Prevention  
BINGO.

**Date:** Monday, September 23

**Time:** 1:00 p.m. **Cost:** Free

### Breakfast for Lunch &

#### Ask Nurse Steve

(formerly the omelet bar)

Bring your friends and enjoy a delicious  
breakfast for lunch. A variety of breakfast foods  
will be offered. Nurse Steve's talk will be  
"What is Diabetes? When should I be  
concerned about my blood sugar levels?"

**Date:** Thursday, September 19 (**new day**)  
Sign-up by Monday, September 16

**Time:** Noon

**Cost:** \$4.80 (Regular meal cost)

### Are You Prepared?

Do you have the supplies on hand to "weather"  
a long-term power outage? September is  
National Preparedness Month. During lunch we  
will learn about the county's Plan 9 and what  
essential items you should have at home and in  
your car.

**Date:** Thursday, September 5

**Time:** Noon

**Cost:** Free for the program

Lunch: \$4.80 (Regular meal cost)

Refer to the lunch menu for details

### Go Orange

Orange is the color of hunger awareness.  
During lunch we will talk about hunger issues  
in the United States and what we might do to  
help fight hunger. Statistics released by the  
*National Foundation to End Senior Hunger*  
show that 8.3 million adults over the age of 60,  
aren't getting enough to eat.

**Date:** Thursday, September 12

**Time:** Noon

**Cost:** Free for the program

Lunch: \$4.80 (Regular meal cost)

Refer to the lunch menu for details